

# THE JET GAZETTE

MONTHLY NEWSLETTER OF THE 141ST AIR REFUELING WING

READY TO SERVE... NEIGHBOR AND NATION

APRIL 2020

## 141ST MEDICAL GROUP TRAINS WITH WSU MEDICAL STUDENTS

STORY BY: TECH. SGT. KAYLEIGH PHILLIPS PHOTOS BY: TECH SGT. MICHAEL BROWN

Washington State University's Elson S. Floyd College of Medicine and the Willd Body Program created the perfect learning enriched atmosphere for airmen to train and learn about life saving interventions on March 8th in Spokane, Wash.

WSU College of Medicine and Nursing and the 141st Medical Group have had a strong working relationship throughout the years to help satisfy the Medical Group's continual training requirements and maintain mission readiness.

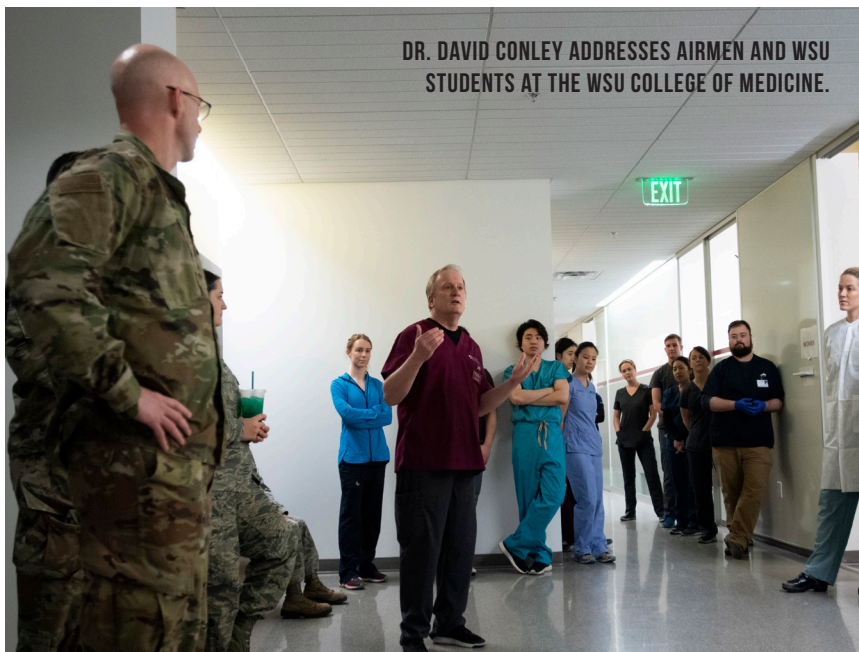
WSU's state of the art facility provides training with simulation at the college of nursing, and invaluable life like training through the Willd Body Program on actual human tissue and bodies.

"This training is important to help bridge the gap between our personal/civilian life and military mission," said Colonel Riley 141st Medical Group Commander. "Having this relationship with WSU is a beneficial tool to help be more prepared in combat or disaster situation."

Dr. David Conley, the Director of Anatomy & Willd Body Program at WSU, and Major Kannberg, a Nurse with the 141st Medical Group, set up the Willd Body Program lab to house six teaching stations.

The stations offered different learning opportunities for Airmen where WSU medical students and 141st MDG providers imparted their knowledge about the anatomy of

see TRAINING pg.2



DR. DAVID CONLEY ADDRESSES AIRMEN AND WSU STUDENTS AT THE WSU COLLEGE OF MEDICINE.

## NOTES FROM THE TOP



### COVID-19...Virtual Drill

These are dynamic times, Team. Unlike anything we have seen before whether you are 18 years old or nearing retirement. My morning scan of the daily news greeted me with headlines including "Half of humanity on lockdown", "United States could see millions of COVID-19 cases and 100,000 or more deaths", "Tens of thousands of National Guard members will likely be called for coronavirus response"...truly unprecedented-AND-a worthy challenge for each of us in the Washington Air National Guard.

As we continue to socialize terms like telework, virtual drill(s), social distancing, and more I still find myself asking if this is truly our current reality. March was quite possibly the longest month many of us have ever experienced and, yet, it may be just the beginning of a challenging 2020 for us, our

see NOTES FROM THE TOP pg.4





Airmen and WSU Students work together on a human tissue lab.

the human body and techniques to preform lifesaving interventions useful in high stress situations.

Some stations included hands on demonstrations by 141st MDG providers, showing proper airway preservation techniques. Airmen practiced the procedures, with guidance, while providers explained how each procedure would pertain to different circumstances in the field. Examples of situations included victims with burns to the head or bruising, among many other time critical situations.

Other stations respectfully showed human tissue at various levels of dissection, specifically focusing on the circulatory and respiratory systems, where WSU medical students described the function and terminology of each respective organ.

The examination of the circulatory system was used to provide an understanding of heart anatomy as well as artery and vein placement. The medical students painted a picture of how blood flows in and out of the heart and through the body. Identifying key mechanisms within the body to facilitate proper CPR, tourniquet, and IV placement.

Dissections of respiratory systems helped airmen to visualize, feel, and see the organs and tissue within the airway, lungs, and muscles of respiration. The

medical students mapped out and described the path of the respiratory system explaining the purpose of the nose, mouth, trachea, diaphragm, and lungs.

Airmen followed along while examining each tissue individually and pinpointing locations in which to correctly place chest tubes, cricothyrotomy, and other airway preservation methods.

“We want our people to be able to see and practice on real tissue before they use these skills on our brothers and sisters in arms,” said Kannberg. “This hands on, life like training gives us the skills to preform important lifesaving interventions such as proper tourniquet and cricothyrotomy techniques.”

The learning rich and life like environment provided by the Willed Body Program, showcasing respiratory and circulatory systems, was collectively appreciated by both WSU and 141st MDG participants alike. “This collaboration is great for our students to showcase what they’ve learned, teach leadership, and learn about the guard,” said Dr. Conley. With joint effort, the relationship between WSU and the 141st MDG continues to grow with a sense of community from active group training, and a willingness to help each other teach and share knowledge and resources.

# Social Pillars

By: Tech. Sgt. Kelly Lillard  
141st Chaplain's Office

COVID19 have you down? Is your social pillar lacking? We all know the importance of being "fit to fight" and now more than ever the state and federal government is relaying on us to jump into action at any moment. Our neighbors, family, and friends are looking to us for leadership and being the center for strength. We would encourage you all to reflect on your spiritual and mental health.

According to the American Psychological Association, loneliness can wreak havoc on an individual's physical, mental, and cognitive health. There is evidence linked with social isolation that has health consequences including depression, anxiety, poor sleep quality, poor cardiovascular function, lower immunity and impaired executive function. This all-in turn can harm the body.

Although this is a challenging time, and the future is uncertain it is important to maintain the connection with family members, friends and fellow wingman. We must look out for each other. Also, take comfort in the chaplain's office as we are here to assist you in maintaining your emotional and spiritual needs. We encourage you to reframe from "I'm stuck inside" to "I can finally focus on my home and myself".

Avoid obsessing over all the Coronavirus coverage, stay close to a normal routine, or start a new ritual. For example, perhaps you can start a daily journal, take a walk, start a devotional, FaceTime a friend or family member, send a card to brighten someone's day, read a new book, take a class or work on your PME. Most importantly having something special during this time will help you look forward to a new day. If you need ideas or someone to talk to please reach out to us. We are here to help you!





families, and our Air National Guard team.

The annals of history will show this time as a worldwide pandemic where every citizen, nation, business, government, etc. was adversely affected and uniquely impacted. As I pen this letter our real-time stats (circa 4 April 2020) are as follows:

1. **World: 1,051,635 cases and 56,985 deaths.**
2. **United States: 241,703 cases and 5,854 deaths.**
3. **Washington State: 6,966 cases and 284 deaths.**

Time will tell the relativity of these stats when the COVID-19 pandemic ceases.

So what does this mean for us?

First and foremost, history continues to validate that our greatest moments are born from our most challenging opportunities. We continuously witness great leaders rise from these unstable and challenging moments. I'm already witnessing that here at the 141st on a daily basis. Selfless volunteerism, steadfast devotion to duty and mission, innovative leadership approaches to complex problem sets, and a willingness to always run towards the fire. These examples are what make each of you unique and critically important to our shared missions.

Secondly, we must - at all times - maintain 100% mission focus. Leadership must clearly (over) communicate their visions, plans, and intent. Deployments, Operation Noble Eagle, State Active Duty (T32!), Medical support missions, maintaining your individual health... are all mission critical entities that we absolutely can't fail. The challenge to socially distance, isolate, telework, and virtually drill run counter to executing these missions in many aspects.

However, these challenges must be met with fundamental change on how we operate and a resolute discipline and timely lead-turn to meet the next set of challenges not yet encountered.

Additionally, we must lead with compassion and understanding. Our #1 priority is our Airmen and their families. I pray this is a once-in-a-lifetime event. Even so, for many this event will be unsustainable. We can't fail an airman-ever. The time and need for Wingmanship has never been more needed. Many of our Guard family will be suffering financially, emotionally, spiritually, and physically from this COVID-19 pandemic. Please be there for them. Take a moment to reach out via phone, Zoom, Skype, VTC...whatever means available to let them know that they aren't alone and are always on our minds. You might find this communication was perhaps initiated one-way but beneficial for both.

As always, I hope this letter finds you in good health, good spirits, and ready to answer the call of our neighbors, our state, and our nation in these demanding times. Continue to follow all mandated health guidance for your personal well-being, maintain mission readiness at all times, and standby for continuing opportunities to be present in our communities proudly serving our neighbors and friends.

Much will be asked of you and I need you ready just as the National Guard has been for over 383 years.

Thank you for your selfless service and for being part of our 141st Air Refueling Wing Family. Together we will prevail.

Col G



"You're trusted more than anyone else in the state of Washington right now. Thanks for being on the job. You are going to inspire people. You're going to give them the confidence they need. I'm here to tell you when you show up the confidence level in the community goes up 300%. Thanks for what you are doing." - Governor Jay Inslee talking with our Guardsmen. (Photo courtesy of the 194th Wing)

# COVID-19 SCAMS... What to look out for

By: Lt. Col. Richard Fruedenberg  
141st Legal Office

## COVID-19 Scams

As with any domestic emergency, nefarious people attempt to lie, cheat, and steal their way into making money from people in need of help and those trying to help others. Please take a moment to follow a few simple steps to avoid the scams.

1. Hang up on robocalls and don't press any buttons. If you press a button or wait to be connected to an operator, even to be removed from the call list, it very well may lead to more robocalls instead.
2. Ignore online offers for vaccinations and home test kits. Currently, there are no proven products that prevent or treat COVID-19. There are no FDA-authorized home test kits.
3. Fact-check information. In the world of social media, even well-meaning friends share information that has not been verified. Before you pass on information, verify the facts first. Usually, a simple internet search will reveal the truth. Then tell people about what you found.
4. Do your research before you buy. There are

currently difficult items to obtain. Personal protective equipment (PPE) is one of those things. Fraudulent PPE has been found at the boards. Consider, if the national resources can't obtain this, how is it for sale online.

5. Do not respond to texts or emails about checks from the government. The Federal Government has not figured this process out.
6. Do not click on links from sources you don't know. It could download viruses onto your computer.
7. Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC). The CDC keeps its website updated regularly if not daily. Go straight to the source at the CDC website. [www.cdc.gov](http://www.cdc.gov)
8. Research crowdfunding and charities. If someone wants cash, a gift card, or wiring money, it is a scam.

*If you have any doubts or questions about any of these issues or other legal issues, please contact the legal office at (509) 247-7036.*



Pixabay



# FIRST SERGEANT'S CORNER

By: Master Sgt. Alan Mcnew III,  
141st SFS First Sgt.



When talking about health and safety during COVID-19, we must recognize not just the physical health and wellbeing of a person but also the mental. The unknowns of COVID can certainly be fearful and cause for stress and anxiety. When stressed, our body releases the stress hormone, cortisol which can cause negative health impacts on our physical and mental well-being.

Here are some ways to encourage, support, and foster your mental health during this time

- 1) Use this time to rest your mind, body and spirit and catch up on some zzzz's / sleep
- 2) Complete that home project you have been putting off (on purpose or accident)
- 3) Exercise, stretch, utilize standing desks for work, or practice yoga you can find online
- 4) Journaling or coloring, both can encourage and support a calming state of mind
- 5) Get your garden ready for spring and have your little critter's help (aka your kids)
- 6) Play Yahtzee or other board games and video chat your friends so they can play with you

7) Read a good book, magazine, or article

8) Research good recipes & make them! Meal prepping might be fun and helpful for when life gets crazy busy!

9) Do something nice for someone else – send them a letter, video chat them, purchase gift cards for their business, etc.

10) Create and participate in a “Teddy Bear Hunt” or “Unicorn” hunt in your neighborhood. Check it out: <https://www.nytimes.com/2020/04/03/style/teddy-bear-scamper-hunt.html>

11) Practice 4 square breathing – breathe in for 4 seconds, hold breath for 4 seconds, breathe out for 4 seconds, and hold breath for 4 seconds.

Most importantly, if you or someone you know are struggling, please check-in and reach out.

Here are some resources that may be of help  
Recovery Hotline – 1-866-789-1511

National Suicide Hotline – 1-800-273-8255

Veterans Crisis Line – 1-800-273-8255 press 1

Remember that you are important, you matter, and together, we got this!

# 141st Wing Safety Office: Cleaning Chemicals



## Health Concerns:

Mists, vapors and/or gases from cleaning chemicals can irritate the eyes, nose, throat and lungs. Symptoms may include burning eyes, sore throat, coughing, trouble breathing and wheezing.

Some cleaning products contain hazardous chemicals that can enter the body through skin contact or from breathing gases into the lungs. Mixing cleaning products that contain bleach and ammonia can cause severe lung damage or death.

## What to do:

Cleaners, sanitizers and disinfectants serve different purposes, and it is important to choose the least hazardous cleaning chemical that will accomplish the task at hand.

Before purchasing cleaning products, determine whether or not sanitizing or disinfecting is necessary. In general, disinfectants and sanitizers are more hazardous than cleaners.

## Helpful Tips:

Review the Material Safety Data Sheet for the chemicals you are using. Read the label on the bottle prior to use of any hazardous chemical use the least hazardous chemicals needs for the job. Most importantly, INFORM yourself through EPA, OSHA, NIOSH, MSDS and manufacturer instruction to protect yourself and your family

# Got an Idea?



Members from the 141st Air Refueling Wing are invited to meet before a Spark Tank panel sometime in May (Possibly) in the wing conference room. The Spark Tank idea originated in the innovation community as a way to have some fun and was modeled after the popular show “Shark Tank.” The National Guard Bureau offers each wing money dedicated to fund innovative ideas put forth by the Airmen to enhance or make supporting the mission easier, giving them a venue to share their creative ideas. “The base line of military service is our readiness to defend the nation. Our Airmen live and serve at this base and are deeply committed to what they do,” said Col. Kurt A. Tuininga, vice commander 141st Air Refueling Wing. “Their ideas on how to make us leaner and more lethal are critical to our mission success. This program gets at the heart of our most valuable resource, our Airmen and I fully support the initiative.” Ready to put forth an amazing idea? Send your ideas to Col. Tuininga at [Kurt.Tuininga@us.af.mil](mailto:Kurt.Tuininga@us.af.mil).

## DFAC LUNCH MENU



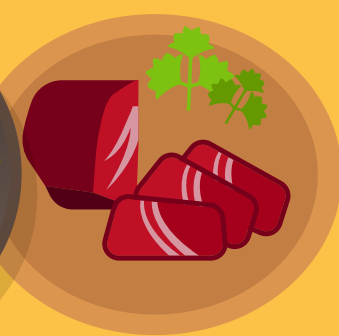
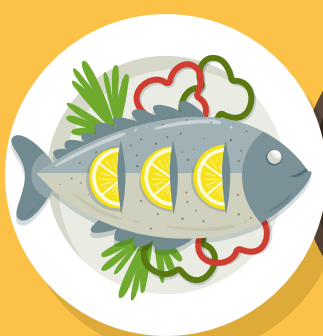
# 1100-1300

### SATURDAY

- Blackend Basa
- Roasted Turkey
  - Potatoes
  - Rice Pilaf
- Salad Bar

### SUNDAY

- Pork Loin
- Chicken Casserole
  - Potatoes
  - Rice
- Salad Bar





# HISTORY

MASTER SGT. ANDREW ISAACSON



Master Sgt. Andrew “Ike” Isaacson, an enlisted Boom Operator, serving in the 141st Air Refueling Wing, was summoned by the Pentagon to hear his proposal to install Global Positioning System navigation into Air Force planes.

Chief of Staff of the Air Force, Gen. Ronald Fogleman; Air Force Deputy Chief of Staff of Plans and Operations, Lt. Gen. Ed Eberhart; Secretary of the Air Force, Dr. Sheila Widnall; Secretary of Defense, William Perry; and Director of the Air National Guard, Maj. Gen.

Donald Sheppard were all on hand to hear the Desert Storm veteran’s proposal.

The idea two and half years in the making was tested using a military GPS system aboard a KC-135E of the 141st and utilizing a software program created to show the planes position on a moving map on a laptop computer. The Air Force installed interim GPS systems in over 1,200 multi-crew aircraft and the 141st placed six GPS receivers and laptop computers for use in the unit’s KC-135Es.



# COVID-19

## Coronavirus Disease 2019

### IMPORTANT LINKS

<https://www.141arw.af.mil/>

<https://www.141arw.af.mil/Coronavirus-Disease-2019-COVID-19/>

<https://www.coronavirus.gov/>

<https://www.usa.gov/coronavirus>

For continual updates the Wing is using the 141ARW official page link located below, updates are also coming from the Wing Facebook and USAF Connect APP

The screenshot displays the official website of the 141st Air Refueling Wing. The top navigation bar includes links for HOME, NEWS, CONTACT US, UNITS, ABOUT US, CAREERS, and CORONAVIRUS DISEASE 2019 (COVID-19). Below this is a 'COMMANDER'S CORNER' section featuring two large images: one for 'Current Updates COVID-19' and another for 'Click on Image for Useful Links COVID-19'. The bottom section of the screenshot shows a 'A NOTE FROM THE COMMANDER COL. LARRY GARDNER' dated April 2020, addressing the 141st Air Refueling Wing Airmen and Family regarding the COVID-19 pandemic.

**141ST AIR REFUELING WING**

Search 141st Air Refueling Wing

HOME NEWS CONTACT US UNITS ABOUT US CAREERS CORONAVIRUS DISEASE 2019 (COVID-19)

CAF TEAM FINANCES

**COMMANDER'S CORNER**

Click image for Current Updates **COVID-19** Coronavirus Disease 2019

Click on Image for Useful Links **COVID-19** Coronavirus Disease 2019

**141ST AIR REFUELING WING**

Search 141st Air Refueling Wing

HOME NEWS CONTACT US UNITS ABOUT US CAREERS CORONAVIRUS DISEASE 2019 (COVID-19)

CAF TEAM FINANCES

**COVID-19**  
Coronavirus Disease 2019

HOME > CORONAVIRUS DISEASE 2019 (COVID-19)

**A NOTE FROM THE COMMANDER COL. LARRY GARDNER**

141st Air Refueling Wing Airmen and Family,

We are living in a truly unprecedented time for our historic State, our beloved Nation, and our entire World. Public health emergencies have been initiated at every level of our Government with our State being the epicenter of the 2020 United States Coronavirus pandemic. And just yesterday, our 92 ARW teammates were notified that they had their first confirmed positive test for COVID-19 here at Fairchild Air Force Base.



# CHIEF'S CORNER



**Chief Master Sgt. Brandon Ives**  
141 ARW Command Chief



## PREPAREDNESS:

Good morning Airmen of the 141st! I'm sure you all remember the last time we set up a mostly virtual drill because of a battle with an invisible viral (clinical term, not inter-web phenom) enemy? Ya know, that time when our entire thriving American economic system was shuttered because of the fear that the rate of acute sickness was going to out-pace the best healthcare system in the world?

Can you recall the time that food and everyday items such as face masks, toilet paper, and firearms flew off shelves, statewide? The current times make "paranoid preppers" not such wacky alarmists as they've been portrayed in the past. Of course, you don't remember the last time this happened! We are in previously uncharted waters.

The past few weeks had many families facing the question: "Are we truly prepared to get through this together?" That's the question folks that aren't members of the National Guard were asking. National Guard members were asking themselves

a similar question, but with a pretty significant added caveat... "Is my family truly prepared to get through this, without my presence?" As many of you can tell, preparedness is pretty important to me, but not nearly as important as it is to YOUR family. When things started to get a bit peculiar/crazy/abnormal/squirrely/fill-in-the-blank over the last few weeks, did you sit back, relax and bask in the "glory of preparedness"?

Or were you maybe feeling just a little bit of panic set in? I sure hope not, but if that was the case, what do you plan to do about it? Get a list together and work towards the motto of the former, "The Boy Scouts of America", Be Prepared! We all are well aware of the fact that we may someday be called to serve our neighbor and/or nation. That time is here and now.

We have begun to deploy members of the 141st to locations throughout this great state. From some of our more "seasoned" members, right down to our newest A1C's, we have been called to help support our communities, both large and small, in this battle to slow the spread of this Wuhan Coronavirus. Remember, there will always be some members of the wing that remain at home

station to keep things going with our equally vital day-to-day federal mission. Deployed members shouldn't hesitate to ask for help if their families weren't quite as prepared as we strive to be.

I'm going to quote one of those A1C's from a text he sent me after his pre-deployment briefings wrapped up, "We will show the quality of the Washington Air National Guard with pride. This is a defining moment of our lives. One that will be remembered long into the future. This is a time to show what we can do for our Country!" He stated it better than I am able. He is an example of the pride and positive attitude I sense throughout our wing.

Sure, there are always places we can improve, but when push comes to shove, this wing has a long history of getting the job done. Thanks to all of you for what you do every day and for what many of you are about to do. Stay safe. Stay healthy. Stay strong. Your Neighbors and Nation are counting on you to help get things back to normal. I am proud to be counted as a member of the 141st!

Thanks  
Chief Ives  
Proud Command Chief (and  
Scoutmaster) of the 141st ARW

# PROMOTIONS



John Mitchell  
Michael Wirth



Shane Rawley  
Casey Cason  
Louis Winters



Andrew Prussner  
Nicholas Gouin



Tyler Haynes  
Madison Edwards  
Philip Johnson  
Amanda Larson



Alec Grew  
Andrew Kouf



Damien Gaddis

